

## Raspberry Shrub Drink

Vinegar drinks may sound odd to modern people, but they go back to ancient Rome, where gladiators were given vinegar mixed with water to keep their strength up. Shrubs--a fruit, sugar and vinegar drink--gets its name from the Arabic word sharāb meaning "to drink." These drinks became very popular in 18<sup>th</sup> century England and in the American colonies, where they were often mixed with rum. Shrubs reached their height of popularity in America during the 19<sup>th</sup> century as a way to preserve fruits, especially berries. With the advent of home refrigeration, shrubs fell from favor, but they are making a comeback as both a refreshing non-alcoholic drink, especially when combined with soda or sparkling water, and as a mixer, like bitters, in cocktails.

Note: any fruit can be used, and the type of vinegar will create very distinctive flavors, so get creative and try different combinations.

### Ingredients

1 quart fresh raspberries  
3 cups sugar  
2 cups vinegar

### Cooking Utensils

Measuring cup  
Masher  
Cookpot with lid  
Sieve  
Wooden spoon  
Large cookpot  
Wire whisk

Container with a tight-fitting lid

Garnish with mint leaves, sprigs of thyme or lavender.

Place the berries into the cookpot and add the vinegar. Using the masher, mash the berries until none are left whole. You do not need to puree them. Place the lid on the cookpot and let sit for at least 12 hours. Longer is better as it will create a more favorable infusion.

Once the berries have been infused with the vinegar, place the cookpot on the stove over medium heat. Boil for 1 minute. Remove the cookpot from the stove and pour the mixture through the sieve into the larger cookpot. Use the wooden spoon to press the mixture through the sieve. Add the sugar and whisk until the sugar is dissolved. Place the cookpot on the stove over medium heat and bring to a simmer. Simmer for 20 minutes. Stir the mixture to make sure all the sugar is dissolved. Remove the cookpot from the stove and let it cool completely before pouring the shrub into a container with a tight-fitting lid. Place the container in the refrigerator where it should keep for a few months.

To serve, pour some of the shrub into a glass and add sparkling water or soda water. You can garnish with mint leaves, sprigs of thyme, or lavender.